wherein said safety monitor application is to be deployed on a computing device associated with a server system;

[0028] generating an activation code to allow the computing device to activate the safety monitor application;
[0029] providing the activation code to the computing

device:

[0030] in response to receiving a request based on the activation code from the safety monitor application deployed on the computing device, providing the configuration information to the computing device for configuring operations of the safety monitor application.

[0031] Some embodiments relate to a computing device comprising:

[0032] a movement detecting component;

[0033] a wireless communications subsystem;

[0034] at least one processor and a memory accessible to the at least one processor, the memory arranged to store program code executable by the at least one processor;
[0035] the processor arranged to:

[0036] download a safety monitor application and to store the safety monitor application in memory;

[0037] obtain an activation code associated with an online configuration server; and

[0038] activate the safety monitor application using the activation code; and

[0039] wherein the safety monitor application is arranged to:

[0040] retrieve configuration information from the online configuration server based on the activation code; and

[0041] implement the configuration information to configure operations of the safety monitor application.

[0042] The computing device may be a handheld mobile computing device.

[0043] The processor may be arranged to execute the safety monitor application to:

[0044] allow user configuration of a monitor time period; [0045] execute a timer function to run a timer from a beginning of the monitor time period;

[0046] in response to a signal from the movement detection component indicative of movement of the handheld mobile computing device by more than a threshold movement amount, resetting the timer to run from the beginning of the monitor period;

[0047] in response to the timer reaching an end of the monitor time period, generating and transmitting an alarm message to at least one remote destination using the wireless communication subsystem of the handheld mobile computing device.

[0048] The processor may be arranged to execute the safety monitor application to:

[0049] allow user configuration of an interval time period;

[0050] execute a timer function to run a timer from a beginning of the interval time period;

[0051] in response to user input to reset the timer, reset the timer to run from the beginning of the interval period:

[0052] determine a geographic location of the computing device;

[0053] in response to the timer reaching an end of the interval time period, generate and transmit an alarm

message to at least one remote destination using the wireless communication subsystem of the computing device, the alarm message including the determined geographic location.

[0054] Some embodiments relate to, in a handheld mobile computing device comprising a movement detecting component and a wireless communication subsystem, a method of providing a safety monitor application, the method comprising:

[0055] within the safety monitor application, allowing user configuration of a monitor time period;

[0056] executing a timer function to run a timer from a beginning of the monitor time period;

[0057] in response to a signal from the movement detection component indicative of movement of the mobile computing device by more than a threshold movement amount, resetting the timer to run from the beginning of the monitor period;

[0058] in response to the timer reaching an end of the monitor time period, generating and transmitting an alarm message to at least one remote destination using the wireless communication subsystem of the handheld mobile computing device. The method may further comprise, in response to a user input to the mobile computing device, resetting the timer to run from the beginning of the monitor period. The alarm message may be transmitted to at least one pre-configured contacts.

**[0059]** The mobile computing device may have a geographic location identification function and the method may further comprises determining a geographic location of the mobile computing device, wherein the alarm message may include at least one of a geographic location and a selectable link to display the geographic location.

[0060] The alarm message may comprise an indication of the monitor time period. The generating and transmitting may be performed after a pre-configured delay period after the end of the monitor period. The method may further comprise determining a location accuracy of the determined geographic location, wherein the alarm message may include the location accuracy. The method may further include determining the geographic location may be performed repeatedly during the monitor time period. The method may further comprise displaying on a display of the mobile computing device an indication of the location accuracy.

[0061] The method may further comprise displaying on a display of the mobile computing device an indication of a remaining time until the end of the monitor period. The method may further comprise displaying on a display of the mobile computing device a panic alarm option, wherein the method may further comprise, in response to selection of the panic alarm option, generating and transmitting a panic alarm message to the at least one remote destination. The method may further comprise displaying on a display of the mobile computing device a selectable timer initiation option, wherein in response to selection of the timer initiation option, the timer function may cause the timer to run from the beginning of the monitor time period.

[0062] The method may further comprise in response to detection of a signal from the movement detection component indicative of movement of the mobile computing device by more than a threshold movement amount, generating and transmitting a panic alarm message to the at least one remote destination. The threshold movement amount may be indicative of shaking of the mobile computing device.